

Hempstead Schools Food Services

High School Lunch Menu MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 (3M,2G) WHOLE GRAIN BAKED POPCORN CHICKEN 1c SPIRAL FRIES FRESH ORANGE	2 (2M,2G) WHOLE GRAIN BAKED MOZZARELLA STICKS 1 1/2c CARROTS 1/2c FROTH COCKTAIL	3 (2M,2G) SWEET & SOUR POPCORN CHICKEN 1c BROWN RICE 1c PINTO BEANS 1 FRESH PLUM	4 (3M,2G) WG CHICKEN FAJITAS W/SOUR CREAM OR SALSA 1c ROMANE SALAD 1/2c SLICED PEARS	5 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 3/4c TOSSED SALAD FRESH ORANGE
8 (3M,2G) WHOLE GRAIN BAKED CHICKEN NUCGETS 1c CORN NIBLETS FRESH BANANA	9 (2M,2G) SWEET & SOUR CHICKEN 1c BROWN RICE 1 1/2c CARROTS 1 FRESH PLUM	10 (2M,2G) SPAGHETTI & MEATBALLS 1c KIDNEY BEANS 1/2c PINEAPPLE TIDBITS 1/2c APPLE SAUCE	11 (2M,2G) CHEESE CALZONE/PIE 1c MESCOLLIN SALAD 1 FRESH APPLE	12 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 3/4c TOSSED SALAD FRESH APPLE
15 (3M,2G) WHOLE GRAIN BAKED CHICKEN NUCGETS 1c CURLY FRIES FRESH WATERMELON	16 (2M,2G) NEW ORLEANS CHICKEN 1c BROWN RICE 1 1/2c MASHED SWEET POTATOES 1/2c APPLE SAUCE	17 (2M,2G) SKINLESS TURKEY FRANKS 3/4c BAKED VEGETARIAN BEANS 1 FRESH BANANA	18 (3M,2G) SLOPPY JOE ON WG BUN 1c MESCOLLIN SALAD 1/2c FROTH COCKTAIL	19 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 3/4c TOSSED SALAD FRESH PLUM
22 (3M,2G) WHOLE GRAIN BAKED CHICKEN FINGERS 1c CORN NIBLETS FRESH APPLE	23 (2M,2G) TURKEY BURGER ON WG BUN 1 1/2c CARROTS 1/2c CHILLED PEACHES	24 CHICKEN PARMESAN ON WHOLE GRAIN HERO 1c PINTO BEANS 1 FRESH APPLE	25 (3M,2G) SPAGHETTI & MEATBALLS 1c ROMANE SALAD 1/2c PINEAPPLE TIDBITS	26 (2M,2G) SICILIAN WHOLE GRAIN PEPPERONI PIZZA 1 3/4c TOSSED SALAD FRESH ORANGE
29 NO SCHOOL	30 (2M,2G) CHEESEBURGER SLIDERS ON WG BUN 1c MASHED SWEET POTATOES 1 FRESH PLUM	31 (2M,2G) GRILLED CHICKEN PATTY ON WG BUN 3/4c BAKED VEGETARIAN BEANS 1 FRESH APPLE		

Whole grain offerings
throughout our menu

Fresh fruits &
vegetables

Smart snack choices



Daily Milk
Choices

Low Fat White
Fat Free Chocolate



PLEASE FEEL FREE TO
CONTACT US @
Foodservices@
Hempsteadschools.org
MENU SUBJECT
TO CHANGE